



# SUPPORT FOR MILITARY FAMILIES

## STRENGTHENING FAMILIES IN SERVICE WITH EXPERT GUIDANCE

Are you a service family in the Navy, Army, or Air Force, concerned about your child's behaviour or looking to enhance your parenting skills? Youth Options targeted programmes provide tailored strategies to support you to address and manage your child's behaviour, workshops to boost your parenting confidence, and resources for emotional resilience.

We have a 5-week programme for parents of children aged 3-5 years, and a 10-week programme for parents of children aged 5-17 years. Sessions take place online to ensure we can offer support to families across Hampshire and Wiltshire.

Courses can be attended by either or both parents. We understand the pressures and commitments of serving families so provide catch-up sessions if you are unable to attend a session. **As a charity independent from the armed forces, we can provide a confidential service.**

Contact us today: [familiestogether@youthoptions.org.uk](mailto:familiestogether@youthoptions.org.uk) or 01794 525510



THE ARMED FORCES  
COVENANT FUND TRUST  
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*Youth Options is a registered Charity (1056463).*



[www.youthoptions.org.uk](http://www.youthoptions.org.uk)

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